

MARTIAL ARTS

ACTIVSTARS Karate (4-15 yrs)

Our exciting and comprehensive martial art program curriculum includes the most effective self-defense techniques and specializes in the premier A-Z Abduction Prevention and Anti-Bullying Programs. Registration is on-site at the Library Recreation Annex first three weeks of classes, or online at www.activstars.com. For more information on fees and classes, please call 480-603-3780.

White/Yellow: 5:30 - 6:15 p.m.

Green and Above: 6:15 - 7:15 p.m.

Sparring: 7:15 - 7:45 p.m.

Instructor: ActivStars

Instructor Requirements: Masks worn by parent helpers who remain in the room and instructors, temperature checks for all that enter the classroom, physical distancing when possible, a one-time COVID-19 Questionnaire, required to bring your own water bottle.

| Day | Time | Date(s) |
|-----|------------------|----------------------------------|
| M | 5:30 - 7:45 p.m. | 2/22 - 4/12 (dates are adjusted) |
| M | 5:30 - 7:45 p.m. | 4/19 - 7/26 *No class 5/31, 7/5 |

Self Defense - Combat Hapkido (13+ yrs)

Combat Hapkido is an extremely realistic and versatile discipline of self-protection that includes an extensive variety of joint locks, strikes, kicks, pressure points, ground survival and weapon disarming techniques. It is not "play" Karate, nor sport driven. It is enjoyable to learn and truly effective in realistic situations. It is well suited for people of all ages and sizes because physical strength and athletic abilities are not essential.

Instructor: David Rivas

Instructor Requirements: Hand sanitizer encouraged, only students allowed in the room, no bare feet - "mat shoes" must be worn.

Fees: Residents \$110; Non-Residents \$120; Supply Fee \$50

Fees for Military & First Responders: Residents \$95; Non-Residents \$105; Supply Fee \$50

Additional Family Member Fee: Residents \$20; Non-Residents \$30; Supply Fee \$50

| Day | Time | Date(s) |
|------|---------------|-----------------------|
| T/Th | 6:45 - 8 p.m. | Session 1: 3/2 - 3/30 |
| T/Th | 6:45 - 8 p.m. | Session 2: 4/1 - 4/29 |
| T/Th | 6:45 - 8 p.m. | Session 3: 5/4 - 5/27 |

Lim Family Martial Arts (3+ yrs)

The preschool and youth curriculum is designed around the principles of discipline, manners, etiquette, and respect. Students will learn life skills in listening, following directions, self-defense, awareness and prevention, and anti-bullying. Benefits include improvement in self-confidence, self-esteem, and more. The teen and adult curriculum is designed around the principles of honor, integrity, and building self-confidence and esteem. Continued life skills training in self-defense, awareness and prevention, personal safety, and health and fitness. Benefits include improvement in self-confidence, self-esteem, weight loss, stress relief, and more. Get the whole family involved! The advanced curriculum is a minimum of 4 years experience with a black or brown belt level. Our instructors, 10th Degree Sr. Grandmaster George Lim and 9th Degree Grandmaster Patrice Lim bring a combined 75 years teaching experience. Ongoing monthly program with opportunities to advance in belt rank.

Instructor: George & Patrice Lim

Instructor Requirements: Instructor and Participants wear a mask, 6-ft physical distancing, any flu-like symptoms will not be allowed to participate. No spectators in class.

Fees: Resident \$55; Non-Resident \$65. One time supply fee of \$55 for uniform and belt for all classes. Advanced Class - Resident \$25; Non-Resident \$35

| Day | Time | Date(s) |
|-----------------------------------|-------------------|------------------------------|
| Preschool/Kinder Karate (3-5 yrs) | | |
| W/Th | 5 - 5:30 p.m. | Winter Session 3: 2/4 - 2/25 |
| W/Th | 5 - 5:30 p.m. | Session 1: 3/3 - 3/31 |
| W/Th | 5 - 5:30 p.m. | Session 2: 4/1 - 4/29 |
| W/Th | 5 - 5:30 p.m. | Session 3: 5/5 - 5/27 |
| Kids/Youth Karate (6-12 yrs) | | |
| W/Th | 5:30 - 6:30 p.m. | Winter Session 3: 2/4 - 2/25 |
| W/Th | 5:30 - 6:30 p.m. | Session 1: 3/3 - 3/31 |
| W/Th | 5:30 - 6:30 p.m. | Session 2: 4/1 - 4/29 |
| W/Th | 5:30 - 6:30 p.m. | Session 3: 5/5 - 5/27 |
| Teen / Adult Karate (13+ yrs) | | |
| W/Th | 6:30 - 7:30 p.m. | Winter Session 3: 2/4 - 2/25 |
| W/Th | 6:30 - 7:30 p.m. | Session 1: 3/3 - 3/31 |
| W/Th | 6:30 - 7:30 p.m. | Session 2: 4/1 - 4/29 |
| W/Th | 6:30 - 7:30 p.m. | Session 3: 5/5 - 5/27 |
| Advanced Karate (13+ yrs) | | |
| S | 10 a.m. - 12 p.m. | Winter Session 3: 2/6 - 2/27 |
| S | 10 a.m. - 12 p.m. | Session 1: 3/6 - 3/20 |
| S | 10 a.m. - 12 p.m. | Session 2: 4/3 - 4/24 |
| S | 10 a.m. - 12 p.m. | Session 3: 5/1 - 5/22 |

SPECIALTY PROGRAMS

CPR and AED (13+ yrs)

This course will train students to be prepared in the event of an emergency to administer CPR and use an Automated External Defibrillator when available. Students will receive a nationally recognized certification valid for 2 years

Instructor: Renee Pocklington

Instructor Requirements: Masks to be worn by students and instructor. No mouth-to-mouth contact will be required. The word, "breath" will be used as a substitution.

Fees: Resident \$50; Non-Resident \$60

| Day | Time | Date(s) |
|-----|------------------|-----------------|
| Th | 5:30 - 8:30 p.m. | Session 1: 3/25 |
| Th | 5:30 - 8:30 p.m. | Session 2: 5/20 |

CPR and First Aid (13+ yrs)

This course will prepare students to assist victims in a variety of medical emergencies and provide CPR or First Aid until emergency personnel arrive on scene. Students will receive a nationally recognized certification valid for 2 years.

Instructor: Renee Pocklington

Instructor Requirements: Masks to be worn by students and instructor. No mouth-to-mouth contact will be required. The word, "breath" will be used as a substitution.

Fees: Resident \$65; Non-Resident \$75

| Day | Time | Date(s) |
|-----|-----------------|---------|
| S | 9 a.m. - 1 p.m. | 4/3 |

Etiquette and Leadership Camp (7-12 yrs)

Charm and etiquette, character, leadership, poise, social skills, manners, values, self-respect, are all behaviors important to healthy social and emotional growth. Your child is instructed in these values along with lessons in table settings and manners, grace, telephone etiquette, and more. This course will build esteem and provide valuable social skills and train your children to be young ladies and gentlemen.

Instructor: Arizona Academy of Charm

Instructor Requirements: Masks worn by participants and instructors when needed, physical distancing will be practiced when possible, gloves will be worn during handshaking exercise.

Fees: Resident \$69; Non-Resident \$79; Supply Fee \$10

| Day | Time | Date(s) |
|-----|----------------|-------------|
| M-F | 9 - 10:30 a.m. | 3/15 - 3/19 |

Money Matters (13-17 yrs)

The missing curriculum from schools! Give children what they need to understand money and build a desire to achieve financial independence. Students will learn basic principles behind creating and managing money and building sustainable wealth. Balance sheets, credit, assets, stocks and bonds all in youth-comprehensible-concepts. Give your child a financial advantage!

Instructor: Arizona Academy of Charm

Instructor Requirements: Masks worn by participants and instructors when needed, physical distancing will be practiced when possible, gloves will be worn during handshaking exercise.

Fees: Resident \$69; Non-Resident \$79; Supply Fee \$10

| Day | Time | Date(s) |
|-----|----------------|-------------|
| M-F | 9 - 10:30 a.m. | 3/15 - 3/19 |

Morals and Manners Camp (4-6 yrs)

This is the perfect age for practicing manners, values, self-respect, leadership, honesty, courage, responsibility, charm, and etiquette. These lessons along with basic lessons in table manners; kindness, friendship, and more. This camp will build self-esteem and provide valuable social skills.

Instructor: Arizona Academy of Charm

Instructor Requirements: Masks worn by participants and instructors when needed, physical distancing will be practiced when possible, gloves will be worn during handshaking exercise

Fees: Resident \$49; Non-Resident \$59; Supply Fee \$10

| Day | Time | Date(s) |
|-----|-------------|-------------|
| M-F | 9 - 10 a.m. | 3/15 - 3/19 |

Senior Program (50+ yrs)

The Queen Creek Senior Program offers activities and leisure opportunities that enhance the quality of life for people 50 years of age and older. This FREE program is held on Wednesdays from 9 a.m. - 12 p.m. in the Library Recreation Annex located at 21802 S. Ellsworth Rd. Activities include, but are not limited to bingo, crafts, games, and seasonal special activities.

*Currently this program is on hold. For more information, including the start date of the program please visit queencreek.org/seniors.